



Dad and PJ (son-in-law) bonding over BBQ



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## June “Nutrition Connection” *A Celebration of Fathers and Grilling*

### Seasonal Recipe: BBQ infused turkey burger

Every June we celebrate our beloved fathers, and we also do a lot of summer grilling. One of my favorite food memories growing up was watching my Dad grill his famous barbequed chicken. It was a true labor of love as he took pride in every detail from preparing his secret tangy sauce to perfectly placing each coal. I watched him flip and turn each chicken inspecting it for cooked perfection, hoping for a sneak preview bite before anyone else. Grilling goes beyond a healthy and delicious way of cooking, but serves as a way to connect and enjoy the company of our family and friends.

While many of us love that charred flavor from the grill, we need to make sure our cooking technique is serving our health well. Recent attention has focused on the link between grilling and certain cancers such as stomach, colorectal, lung, and breast cancer. The culprits are cancer causing agents called heterocyclic amines (HCA) and polycyclic aromatic hydrocarbons (PAH), which are chemical substances that are formed when fat is heated to high temperatures.

So now what? Cut back on grilling and social cooking? Absolutely not. There are several tips you can follow to relieve your grilling woes, and it can all start with a tasty marinade. A recent study from Kansas State University marinated the same cut of meat in 3 different marinades. The various marinades reduced these "bad" chemicals anywhere from 57-88%, quite a significant impact!

Here are some additional steps for healthy grilling and a turkey burger recipe (*which received rave reviews*) that won't fall into any bland or dry stereotypes!

- ✓ **Be In-DIRECT.** Avoid placing meats in direct contact with high flames or extreme heat through grilling, broiling, barbecuing, or frying.
- ✓ **Get Creative!** Grill foods such as vegetables, veggie burgers, quesadillas, or even pizza. These foods contain little fat and can be a fun new food to introduce to the grill.
- ✓ **Flip often.** Flipping your meats every minute or so reduces HCA's by almost 70%.

- ✓ **Buy Bone In:** Choose lean and trimmed meats, but leave the bone in! A lean meat will cause less fat causing flare-ups, and leaving the bone in makes for a juicy meat.
- ✓ **Go Silver:** Place meat on aluminum foil instead of directly on the grill to avoid juices into the fire or flames touching the meat. Not only does this help prevent charring, but it also makes for easy cleanup.
- ✓ **Keep a spray bottle handy:** Tame those flare-ups!

## BBQ Infused Turkey Burgers

Source: Epicurious | June 2003

2 medium yellow onions  
 1 clove garlic  
 2 tablespoons olive oil  
 1 1/3 pounds ground turkey breast  
 3 tablespoons dried bread crumbs  
 2 tablespoons barbecue sauce  
 3 tablespoons quick-cooking oats (not instant)  
 1 teaspoon dried basil  
 1 teaspoon dried oregano  
 1 tablespoon toasted wheat germ (can leave out)  
 1/4 teaspoon salt  
 Ground black pepper

1. Peel the onions and cut into 1/8" to 1/4" pieces. Peel the garlic and chop finely. Warm the oil in a large skillet over medium heat. Add the onions and garlic and cook over medium heat, stirring often, for about 10 minutes, or until the onions start to brown. Add water, 1 tablespoon at a time, as necessary to prevent burning. Remove from the heat, transfer to a large bowl, and let cool for 10 minutes.\
2. To the same bowl, add the turkey, bread crumbs, barbecue sauce, oats, basil, oregano, wheat germ, salt and pepper to taste. Mix well. Shape the mixture into 9 burgers.
3. Coat a large nonstick skillet with cooking spray. Cook the burgers over medium heat for about 5 minutes, or until browned and crispy. Flip the burgers carefully and cook for 5 minutes longer, or until golden brown and a thermometer inserted in the center registers 165° and the meat is no longer pink. Serve the burgers hot.

Per serving: 146 calories, 17g protein, 8g carbohydrates, 5g total fat, 1g saturated fat, 39mg cholesterol, 1g dietary fiber, 145mg sodium

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